

Identity and Traditions in Maternal Child Health

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Culture:

“Culture, or civilization, is that complex whole which includes knowledge, belief, art, law, morals, custom, and any other capabilities and habits acquired by man as a member of society.” - Tylor, 1871.

Culture is learned

Culture is shared

Culture is based on symbols

Culture is integrated

Culture is dynamic

Robert Nideffer 2014

Cultural Lens:

A way to describe how an individual view or perceives the diverse cultures that exist in society. This perception is influenced by one's own family, culture, ethnic, racial, linguistic, and spiritual heritage experiences. These experiences influence attitudes, beliefs, values, and behaviors and “shape” the cultural lens (Hybridparenting.org, 2014).

The struggle of representation across America:

“At the same time, I would advocate that we not forget the political origins of the Hispanic label, that we not forget there are real experiences of discrimination and disadvantage that started this story and that continue today.

If we dangerously slip into just a narrative about culture, we forget that there is, within the population, a considerable number of people who still face poverty and a lack of education that the larger community can mobilize help for.

There are still really important issues like immigration reform that this community can mobilize its strength toward, but it can only be done with an eye toward respecting diversity.”

- Dr. Cristina Mora

About disparities:

“Mothers born in the United States had an 85% reduction in the odds of breastfeeding as compared to foreign-born mothers and a 66% reduction in the odds of breastfeeding at 6 months.

Each additional year of US residency decreased the odds of breastfeeding by 4%.

These differences by immigration status were seen for Mexicans, other Hispanics, and non-Hispanics.”

Gibson-Davis & Brooks-Gunn, 2006.

<https://ajph.aphapublications.org/doi/pdfplus/10.2105/AJPH.2005.064840>

The Hispanic paradox: <https://www.ama-assn.org/delivering-care/population-care/cdc-report-highlights-hispanic-paradox>

About Machismo and Marianismo

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5102330/>
<https://larriasa.org/articles/10.25222/larr.100/>
<https://afophs.wordpress.com/2017/04/25/machismo-vs-marianismo/>

When we are facing our own biases:

WHO are we talking about?
WHO is talking?
WHAT assumptions are made?
WHEN assumptions are made,
WHAT is missed?
HOW to grow this culture lens?

Lactation rates in Latinamerica

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5718173/>
<https://journals.sagepub.com/doi/full/10.1177/0379572115602174>

What to do:

Cultural Congruent Care

- Cuarentena
- Colostrum
- Foods and medications
- Moods and experiences
- Cold and hot weather

Remember dads, partners, extended family

- Mental Health Support
- Role Attainment
- Connection
- Trust

Invest in communities

- Pregnancy
- Birth
- Medical Provider
- Childcare
- Adjustment
- Validation
- Role at home and in the community

Remove Barriers

- Access to peer support
- Access to clinical support
- Language Justice
- Cultural congruency
- Polices at local and national level

Become an Ally

Support workforce development to make the field of lactation inclusive and effective for all

Practice language justice

Protect and defend

[Study: https://www.eddiemoorejr.com/21daychallenge](https://www.eddiemoorejr.com/21daychallenge)

Black Lives Matter

If we carry intergenerational trauma (and we do), then we also carry intergenerational wisdom. It's in our genes and our DNA.

-Kazu Haga

